

Winter 2007



Jefferson COMMUNITY CENTER

3801 Beacon Ave. S. • Seattle, WA 98108 • 206 684-7481 • Fax: 206 684-7483

Program Registration

Registration begins Dec 4, 2006

Classes Begin

Classes begin the week of Jan 9, 2007 unless otherwise posted

Holiday Closures

Mon, Dec 18, 2006 through

Mon, Jan 1, 2007

Mon, Jan 15, Martin Luther King Day

Mon, Feb 19, Presidents Day



Mayor Nickels declares Massive Monkees Day

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Jefferson Community Center

3801 Beacon Avenue South
Seattle, WA 98108
Phone: 206-684-7481 Fax 206-684-7483
Visit us online at www.seattle.gov/parks !

Hours of operation

Monday, Wednesday, and Friday 1 to 9 p.m.
Tuesday and Thursday 10 a.m. to 9 p.m.
Saturday 10 a.m. to 5 p.m.
Sunday Closed

Holiday closures

Monday, Jan 1, New Year's Day
Monday, Jan 15, Martin Luther King Day
Monday, Feb 19, Presidents Day
Friday, Nov 24, Day following Thanksgiving Day
Monday, Dec 25, Christmas Day

Program registration

Registration begins December 4

Program dates

Classes begin Jan 9 unless stated otherwise

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

General Information

Due to a new administration fee of 12%, most class prices have been raised by 12% beginning in the 2006 Spring Quarter. If you have any questions or comments, please contact the center coordinator.

Parks and Recreation Administrative Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Robert Stowers, Central Recreation Manager

Jefferson Community Center Staff

Randy Smith, Recreation Center Coordinator
Staci Williams, Asst. Recreation Ctr. Coordinator
Kiesha Cannon, Recreation Leader
Jean Lee, Recreation Leader
Darin Olsen, Recreation Attendant
Angela Lee, Kiddie Kampus Director
Michael Duncan, Facility Maintenance Laborer
Angela Smith, Senior Adult Programs

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Special Events

Spring Egg Hunt

Don't forget your baskets and bags to take home whatever you find during your hunt! Rain or shine, come on down and hunt for candy and prize eggs! Hunt will take place at the Maplewood Playfield 4925 Carson S.

Ages: 10 & under

Saturday

April 7

10 a.m.



Special Events

Play & Learn Playgroup

This class is free with admission to the Toddler Drop-in Program.

歡樂、學習、啟蒙 —— 仁人服務社、

Jefferson 社區中心及 Child Play Network 合辦的學前幼兒樂園邀您同樂。根據研究報告結果顯示，學齡前幼兒的啟蒙教育將有助於孩童的智力發育及將來入學後的學習發展。而幼兒遊戲的過程亦是啟蒙學習的重要環節。在幼兒樂園裡，孩子們可透過玩遊戲，英文兒歌教唱，讀故事書，做簡易手工及玩各類玩具等不同的活動方式，達到啟蒙的目的並協助幼兒們提前適應將來入學的環境，且更可幫助幼兒學習到如何與別人分享及相處的經驗。而幼兒的照顧者更可藉此機會與社區內其他幼兒照顧者交換資訊及經驗並拓展人際關係。活動將用中英語進行，適合兩歲至五歲的小孩及小孩家長參與。

日期：二零零六年一月三日開始

時間：逢星期二，上午十時半至中午十二時

地點：室內操場的大堂

收費：每次收\$1 室內操場費用

Play & Learn is a project by Chinese Information & Service Center, Jefferson Community Center, and Play & Learn Network to provide a pre-school education for 2-5 year old children and their parents or caregivers.

Pre-school education enables children to gain important skills that will help them in school and life, while having fun with their caregivers. We will have a “circle

time,” during which the children and caregivers listen to stories, learn songs, and do simple arts and crafts. There is also a play time for children to explore various toys and play activities. The entire program will be run in both English and Chinese.

Instructor: Chinese Information and Service Center

Age: 5 & under

Location: Gym Lobby

Tuesdays

10:30 a.m. – Noon

Fees: Free with paid admission to Toddler Drop-in Program.



Toddler Programs

Kiddie Kampus Pre-school

This popular school-year program is a valuable growing experience and an excellent preparation course for kindergarten. Emphases are on social, academic, and motor coordination skills. Your child must be toilet trained and 3 years old by August 31, 2006. Please call for more registration information: 206-684-7481.

Current students have priority enrollment. Call to see if there are any space available for new students. A copy of your child's birth certificate is needed at time of registration.

Location: Multi-Purpose Room

3 & 4 Year Olds \$310
 Tue/Thu 1/2 – 3/15 9 – 11:45 a.m.
 Tue/Thu 12:15 – 3 p.m. 12:15 – 3 p.m.

3 & 4 Year Olds \$460
 MWF 1/3 – 3/26 9 – 11:45 a.m.

4 & 5 Year Olds \$460
 MWF 1/3 – 3/26 9 – 11:45 a.m.
 MWF 1/3 – 3/26 12:15 – 3 p.m.

Toddler Play Group \$2 per child

It's **fun time** every Tuesday at Jefferson Community Center's new gym. The drop-in toddler play group will enjoy a variety of play equipment, toys, and more. Don't miss your opportunity to help your child develop those important social skills in this supportive and parent-supervised environment. **Parent supervision is required.** Please use the game room area to eat your snacks.

Age: 5 & under

Location: Gym

Tue/Thu 10 a.m. – 2 p.m.

K.A.P. (Kids, Art & Play) \$155

If your child can't get enough of Kiddie Kampus, then you can K.A.P. it off with a Thursday class. Participants **MUST BE ENROLLED** in Kiddie Kampus to register for the extra class. It is an extension of what they are learning in Kiddie Kampus, with more emphasis on arts and crafts, and play. Come join us for another day of fun!

Ages 3 – 5

Location: Art Room

#13491 1/4 – 3/15 Thu 9 – 11:45 a.m.
 #13492 1/4 – 3/15 Thu 12:15 – 3 p.m.

Kid's Clay

\$45

Ages 5 – 8

This class will focus on basic hand-building methods. Get dirty and have fun while learning how to create wonderful hand-built pieces. Dress to get dirty. All materials included.

Location: Pottery Studio

#13417 Tue 5 – 6 p.m. 1/16 – 2/20

School-Age Child Care

Our Before & After School program offers child-friendly care for working parents of K – 5th graders. We offer games, cooking, playing, reading, art, crafts, sports, music,



dance, computers, ball fields, playgrounds, special visitors, special interest groups, and field trips — WOW! We are a fully-licensed DSHS site. Our staff members strive to provide your children with opportunities for choice and self-direction while encouraging each child's creativity and uniqueness. Scholarships may be available on a limited basis for those qualified who enroll for after school. Seattle Parks and Recreation has implemented a citywide standardized fee system that began in Fall 2004. Explanation of Fees: The standard monthly After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. Break camps and summer camps are an additional fee. Come join the Jefferson staff, led by director Ian Bell, for an exciting 2006-2007 school year. **Location of this program may be moved to begin at Beacon and Kimball Elementary Schools.**

Ages: 5 – 12

Location: Hasselberg Hall

Before School*		After School**	
Mon – Fri / 7 – 9 a.m.		Mon – Fri / 3 – 6 p.m.	
#13240	1/2 – 1/31	#13237	1/2 – 1/31
#13241	2/1 – 2/28	#13238	2/1 – 2/28
#13242	3/1 – 3/30	#13239	3/1 – 3/30

*Before School – \$160, Before School – 2nd Child Discount \$150

**After School – \$245, After School – 2nd Child Discount \$235

Youth Programs

Mid Winter Break Camp **\$116**

Ages 5 – 12

Location: Hasselberg Hall

T/W/Th/F 2/20 – 2/23 **7 a.m. – 6 p.m.**
Day Camp – Short Week (2nd child discount \$112)

Performing Arts & Dance

Creative Movement **\$55**

Ages 4 – 5

For all of the little dancers in the house. A fun dance-based class that teaches focus, coordination, balance, grace, and skill. We practice simple movements (hopping, skipping, etc.) and basic ballet positions.

Location: Hasselberg Hall

#13389 Wed 3:30 – 4:30 p.m. 1/10 – 3/14



Ballet – I **\$60**

Ages 6 – 9

Learn beginning ballet technique and the art of performing in this fun class! Bar work and center floor work combine to create a performance piece for the last day of class. Wear a black leotard, pink tights, pink ballet slippers and have hair up.

Location: Hasselberg Hall

#13244 Wed 4:30 – 5:30 p.m. 1/10 – 3/14

Ballet – II **\$60**

Ages 6 – 12

Location: Multi-Purpose Room

#13245 Wed 5:30 – 6:30 p.m. 1/10 – 3/14

Chinese Dance Class **\$70**

For those interested in Chinese dancing, this class will teach the basic movements of traditional Chinese dance. Listen to the beautiful music, have fun and learn about the culture. Students will be introduced to several unique artistic Chinese dances. Chinese Dance Class is a collaboration by ICRA Yat Sen Chinese School and Jefferson Community Center.

Location: Multi-Purpose Room

Ages 8 – 12

#13345 1/12 – 3/16 Fri 4 – 5:45 p.m.

Ages 13 – 17

#13347 1/12 – 3/16 Fri 6 – 7:15 p.m.



中國舞蹈班 **\$70**

為有興趣學習中國舞蹈的人士而設，目的是透過舞蹈與音樂去介紹中國文化。該舞蹈班會教導傳統中國舞的基本動作，並欣賞優美的中國音樂。當中有很多關於中國文化的樂趣，並讓學習的同學認識一些優美獨特的中國舞。

Youth Programs

Boys & Girls Basketball

\$65

Come and meet new friends as you learn the skills of basketball. Jefferson teams will play teams from other community centers within the city. A child's team will be determined by the child's age on August 31, 2005. Practice times will be determined by coaches' availability. Games are played on either Fridays, Saturdays or Sundays. We are looking for adult volunteers to coach, so please contact Staci Williams if you are interested in coaching a team.

Location: Gym

Ages 10 – 17

F/Sa/Su

Jan 6 – Mar 31



Cub Co-Ed Basketball

\$55

Ages 8 – 9

#10489 Fri 5:30 – 8:30 p.m. 1/5 – 3/30

Instructional Basketball

\$45

Kids will learn the basics of dribbling, passing, and shooting. Participants will meet new friends and learn teamwork. A scrimmage game will be played at the end of the class.

Ages 6 – 7

Location: Gym

#10338 Wed 5 – 6 p.m. 1/3 – 2/28

Beginning Gymnastics

\$65

Have you always wanted to do gymnastics, but never tried? Cartwheels, leaps, ribbons, balance beam, mats and more. Build strength and flexibility. Learn rhythmic and artistic gymnastics, fundamentals and safe training behavior. Perform routines.

Ages 6 – 12

Location: Gym

#13248 TTh 4 – 4:45 p.m. 1/9 – 3/15

Intermediate Gymnastics

\$65

Ages 7 – 12

#13391 TTh 5 – 6 p.m. 1/9 – 3/15

Teen Council

Free

Take charge! Plan events, give your input on trips, build leadership skills and help out your community with Jefferson's Teen Council. Tuesday from 4-5 p.m. Snacks provided!

Age: 14 to 18

Jan 20

Location: Meeting Room

Teen Night

Free

Show your b-boy/b-girl skills at Jefferson Community Center. Come to dance or watch some of Seattle's best break dancers practice. We provide music, space & FOOD.

Instructor: Art Bustillos

Date & Time: Monday 7-10 p.m. & Friday 6-10 p.m.

Instructor: Art Bustillos

Location: Hasselberg Hall

Teen Mock Trial

Free

Learn about the legal system by getting involved in learning about a case, then compete. This is a great opportunity for everyone to use your gifted skills in arguing and proving evidence. Attorneys and judges volunteer to coach and mentor this program.

Age: 13 to 17

Wednesdays 5 – 7 p.m.

Martial Arts

Yoshido Goju Ryu Karate

\$51

Ages 6 and up

Tuesday and Thursday

6:30 – 8 p.m.

Session I #13467

1/9 – 1/30

Session II #13468

2/1 – 2/27

Session III #13469

3/1 – 3/29



Adult Programs

Aerobics/Fitness

Exercise Class **\$97**

Get in shape safely and seriously. This class incorporates several forms of exercise — including aerobics, core muscle development, yoga, and Pilates — designed to strengthen your heart and lungs while improving muscle tone, shaping, sculpting, and flexibility.

Ages 18 and older

Location: Hasselberg Hall

#13382 MW 6 – 7 p.m. 1/8 – 3/14

Kundalini Yoga **\$68**

Kundalini Yoga is a time-tested system for overcoming the aging effects of the environment and stress on the mind and body. This vigorous workout with guided relaxation is designed to balance your nerves and glandular system. It will also strengthen digestion, circulation and muscle tone.

Ages 18 and older

Location: Multi-Purpose Room

#13415 Mon 6 – 7 p.m. 1/8 – 3/26

Adult Drop-in Badminton **\$2**

Intermediate or beginners are welcome to come and play! Please provide your own racquet and extra birdies.

Location: Jefferson Gym

Tuesdays 6:15 – 8:45 p.m. 1/5 – 3/9

Arts: Visual/Crafts

Jewelry Making Class **\$80**

In this project-orientated class, participants will be taught the basics of jewelry construction. These include design, layout, sawing, filing, sanding, drilling, brazing, forming, texture and color. The proper and safe handling of materials, tools and other materials used in the jewelry lab will be emphasized. Projects and special topics will determine much of the content after the basics are covered. Supply fee is \$10 per person for consumables (solder, flux, saw blades). For an individual supply list, please ask at front.

Ages 18 and older

Location: Lapidary Room

Session I

#13396 Tue 5:30 – 8:30 p.m. 1/9 – 2/6

Session II

#13397 Tue 5:30 – 8:30 p.m. 2/13 – 3/13

Adult Beg./Intermed. Wheel **\$129**

This class is for adults who want to learn basic throwing techniques and advanced students who want develop shapes that reflect their own individual style. Demonstration and practice in wheel work will be explored. Finishing techniques, handles, knobs, surface decoration and basic glazing method round out the course.



Ages 18 and older

Location: Pottery Studio

#13097 Wed 5:30 – 8:30 p.m. 1/10 – 3/14

Adult Beginning Wheel **\$129**

This class is for absolute beginners and those who have some experience with clay. Students will learn how to make a variety of functional forms on the potter's wheel. There will be weekly demonstrations that will include trimming, surface decoration and glazing techniques.

Ages 18 and older

Location: Pottery Studio

#13098 Thu 5:30 – 8:30 p.m. 1/11 – 3/15

Adult Independent Study **\$150**

This class is designed for individuals with advanced skills only. Students MUST have instructor approval before signing up for this class. No formal instruction will be provided, however, individuals can set up meet times with either instructors for guidance, help, or critiques. *This class is NOT intended for production pottery. *Studio orientation is required. **The studio card is included with the class fee. Students may come in and work anytime the pottery studio is open.

Ages 18 and older

Location: Pottery Studio

#13123 Mon 1 – 8:45 p.m. 1/9 – 3/19, Tue 10 a.m. – 8:45 p.m., Wed 1 – 8:45 p.m., Thu 10 a.m. – 8:45 p.m., Fri 1 – 8:45 p.m., Sat 10 a.m. – 4:45 p.m.

Adult Printmaking **\$100**

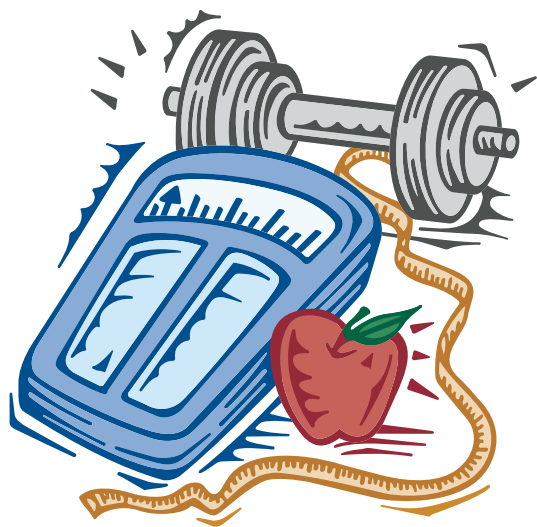
An individualized class offering instruction to all levels of printmaking. Introduction to basic techniques used in intaglio printing. Bring a lunch.

Ages 18 and older

Location: Art Room

#13236 Tue 10 a.m. – 1 p.m. 1/9 – 3/13

Adult Programs



T.O.P.S. - Take Off Pounds Sensibly

Come join T.O.P.S. - Take Off Pounds Pounds Sensibly. This is a weight loss support group. We gather weekly for weigh-ins. We meet every Wednesday from 10:00 a.m. - 11:00 a.m. Everyone receives a T.O.P.S. magazine. Donations suggested.

Instructor: Volunteers

Age: 18 & Up

Wednesdays 10 – 11 a.m.

Fees: Free

Location: Meeting Room

Senior Athletics

Senior Adult Pickleball

\$1

A terrific game. Fun and exercise in one great package.

All levels of participation are welcome!

Instructor: Staff

Age: 65 & Up

Mondays 9:30 a.m. – Noon

Location: Gym



Aerobics/Fitness

Adult Drop-in Basketball

\$2

Beginning January 1, 2005, the City of Seattle has charged an Adult Sport Drop-in fee during all operating hours. The fee is \$2 per session for adults and \$1 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Age: 18 and up

Wednesdays Noon – 2 p.m. Jan 18 – Dec 27

Fees: \$2.00 Drop-in

Location: Jefferson Gym

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Senior Adults

Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist
206-684-7484 OR
e-mail: angelap.smith@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Class Registration and Payment: For * classes (those with a barcode), register beginning December 4 online at www.seattle.gov/parks or at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **For other classes**, you can register beginning December 15 at 9 a.m. by calling 206-684-7484.

Southeast Sector Sites

Jefferson CC..... 3801 Beacon Ave S
Rainier CC..... 4600 38th Ave S
Rainier Beach CC..... 8825 Rainier Ave S
Rainier Beach Pool 8825 Rainier Ave S
Seward Park ELC 5902 Lake Washington Blvd
Van Asselt CC 2820 S Myrtle St

Aerobics, Fitness, and Dance

Senior Aerobics* \$24

This body conditioning class will fit all your physical needs. It includes light hand weights and floor exercises, and it will continue to help you do the things you have been doing. It's a great class for men. Try it! **Instructor: Jean Inouye**
#13857 Mon 8:30 – 9:30 a.m.

Dance Aerobics* \$24

This is a low-impact dance aerobics class. Each one-hour session includes dyna-bands, stretching, and floor exercises. **Instructor: Jane Shearer**
#13614 Wed 8:30 – 9:30 a.m. Jefferson CC

Arthritis Foundation Exercise Program* \$30

This arthritis exercise program is done primarily sitting in a chair. It's designed for people with arthritis, but appropriate for anyone. It is a good class for people just beginning an exercise program.
#13626 Thu 10 – 11 a.m.

Fitness for Life* \$24

This moderate-impact aerobics class includes the use of small weights to increase strength, balance, exercise, and stretching. We will have small hand weights available.

#13622 Thu 8:30 – 9:30 a.m.

T'ai Chi Chih: Joy Through Movement \$30

These gentle movements reduce stress, energize the body and mind, and improve balance and strength. Class starts February 7.

#13839 Wed, 2/7 – 3/28 10:30 – 11:30 a.m.

Drop-In Pickleball \$2 drop-in (Age 65+ \$1)

Pickleball is a terrific game that combines fun and exercise in one great package!

Mondays (Int.) 10 a.m. – Noon

Sound Steps Walks

Sound Steps Walks Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. **For questions and to register, please call Sound Steps Coordinator Mari Becker at 206-684-4664.**

Jefferson Community Center

Join us for guided walks around the beautiful Beacon Hill neighborhood!

Wednesdays 9 – 10 a.m. Jefferson CC



Senior Adults

Cooking

Little Italy* \$8.50

Jayson from Specialized Programs worked at an Italian restaurant for five years. Our menu for the day will be meatball lasagna, tiramisu, and a side salad.

#13612 Mon, 1/22 10:30 a.m. – 12:30 p.m.

Gumbo* \$8.50

Mrs. Annie is back by popular demand. In honor of Black History Month, we will help her prepare this seafood dish. Bring a container to take home extras.

#13613 Mon, Feb 26 10:30 a.m. – 12:30 p.m.
Jefferson CC

Arts and Crafts

Drop-In Crafts Free

We created this time for you to join your friends in a social atmosphere while you work on a project of your choice.

Thursdays Noon – 3 p.m. Jefferson CC

Lap-Quilting Free

You can take lap quilting anywhere to work on. Students in these sessions help each other.

Fridays 11 a.m. – 2 p.m. Jefferson CC

Computers, Cards, and Games

Drop-In Bridge Free

It's in the cards that you'll have a great time. This is a drop-in program for bridge enthusiasts.

Wednesdays Noon – 3 p.m. Rainier CC
Wednesdays 9:30 a.m. – Noon Jefferson CC

Workshops and Speakers

Travelogue: Belize, Central America Free

Join Angela as she shares highlights from her second trip to Dangriga, Belize. Her presentation includes video footage and pictures from the town's cultural celebration.

Thu, Jan 25 11 a.m. – Noon Jefferson CC

Travelogue: Peru, South America

Free

Jefferson Community Center Coordinator Randy Smith has been out exploring. He had an excellent adventure in Peru, so come and check out his pictures and film clips.

Thu, Feb 22 11 a.m. – Noon Jefferson CC

Income Tax Assistance Free

These sessions provide free income tax assistance from qualified volunteers. We'll take appointments on **Thursdays only beginning February 2**. Please call 206-684-7484 for an appointment.

Thursdays (2/1 – 4/12) 10 a.m. – 3 p.m.
Jefferson CC

Special Events

Senior Gathering Free

Community functions will be on the move this winter. Join us for terrific outdoor events that provide a special time to meet others and receive agency information. Limited transportation provided by reservations. Please call to ask about the current location.

Location: TBA

Thu, Jan 25 10:30 a.m. – 1:30 p.m.

Wed, Feb 28 10:30 a.m. – 1:30 p.m.

Wed, Mar 28 10:30 a.m. – 1:30 p.m.

TGIF Meals* \$3.50/meal

Take a break for lunch. Whether you're participating in activities or you just want to stop by, you can enjoy a fresh cooked healthy meals at Rainier CC, 4600 38th Ave. S, on the 3rd Friday of the month. We greatly appreciate reservations so we can plan, so please call 206-684-7484.

Fridays Noon – 1 p.m. Rainier CC
#13627 – Jan 19 #13629 – Mar 16
#13628 – Feb 16

Valentine's Day Potluck Free

Let's warm up the winter season with a cozy potluck on Valentine's Day. We'll bring the soup; you bring a dish to share.

Wed, Feb 14
11:30 a.m. – 1 p.m.
Jefferson CC



Senior Adults

Red Wind Casino*

\$10

We're heading for Olympia to try our luck on some of the 675 slots. Enjoy (on your own) a great discounted buffet lunch.

#13620 Tue, Jan 9 9:15 a.m. – 3:30 p.m.

Jazz Alley and McCaw Hall* \$5.50

The Opera House original 1962 and 1927 buildings were stripped away and replaced with a gleaming glass curtain wall. Now see which room has more than 170 different colors. Then we'll have lunch at Dimitriou's Jazz Alley.

#13805 Tue, Jan 23 9:45 a.m. – 2:30 p.m.

Light Rail Tour* \$3

A coach bus will take you to and along the current construction sites; Beacon Hill Station and Mount Baker Station, and you'll see MLK Jr. Way S get a facelift! A representative will be on hand to talk about the projects and answer questions. The tour is followed by lunch and free time on your own at Uwajimaya.

#13618 Tue, Jan 30 9:30 a.m. – 1:30 p.m.

Chocolate Company Tour* \$3.50

This chocolate company is proud to be the only roaster of organic cocoa beans. The tour includes a thorough explanation of chocolate making and samples of finished products. Tour admission is \$5. Then you'll have lunch and free time on your own at Northgate Mall.

#13616 Tue, Feb 13 10:45 a.m. – 2:30 p.m.

Seattle Design Center* \$4

A designer will guide our afternoon tour through the showrooms and answer questions about products and designs. You can make purchases through the designers. This tour involves some stair-climbing. Before the tour, enjoy lunch on your own at Wolfgang Puck Restaurant.

#13615 Tue, Feb 20 11 a.m. – Noon

Snoqualmie Falls and North Bend* \$7.50

See the sights as we take a stroll at this beautiful Northwest destination. Next, enjoy shopping at one of the outlet malls, and have lunch on your own.

#13619 Tue, Mar 13 9:30 a.m. – 3 p.m.

Sound Steps Hikes

Sound Steps is a free walking program for senior adults! This winter we are exploring "urban hikes" within the Seattle city limits. For each hike, we'll divide into two groups: beginning walkers who can slowly walk two hours with breaks, and more experienced walkers. We will pick you up at Southeast Seattle Senior, 4655 S Holly, at 9:45 a.m. and at Jefferson Community Center, 3801 Beacon Ave. S, at 10 a.m. Register by calling Mari Becker at least one week in advance at 206-684-4664.

Magnuson Park

Free

Enjoy a newly developed 3.1-mile trail in one of Seattle most scenic parks. You'll see waterfront, forest paths, historical military sites, and grassy fields. Shorter trails are paved and walker/wheelchair accessible. Bring a lunch; we'll provide dessert. Ride with us, or meet us at Magnuson Community Center, 7110 62nd Ave. NE, at 11 a.m.

Thu, Jan 25

10 a.m. – 2:30 p.m.

Longfellow Creek Legacy Trail

Free

Enjoy this gently sloping, three-mile trail that winds through public green spaces, neighborhoods, and business areas. The trail is not accessible for people who use wheelchairs or walkers. Please bring a lunch; we'll provide dessert. Ride with us, or meet us at Southwest Community Center, 2801 SW Thistle, at 10:45 a.m.

Thu, Feb 22

10 a.m. – 2:30 p.m.

Discovery Park

Free

Enjoy Seattle's largest city park with views of the Cascade and Olympic mountain ranges. There are some hills on this three-mile hike. Please bring a lunch; we'll provide dessert. This trail is not accessible for people who use wheelchairs/walkers. Ride with us, or meet us at the Visitor's Center, 3801 W Government Way, at 11 a.m.



Rainier Beach Pool

8825 Rainier Ave. S ♦ Seattle, WA 98118 ♦ 206-386-1944

Monday & Wednesday (Pool closed Jan 1, Jan 15, and Feb 19)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:30 – 7:30 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30–7:15 p.m.	Ad. Stroke Refinement (Wed)
12:30 – 1:30 p.m.	Water Aerobics	7:30 – 8:30 p.m.	Lap Swim
4:30 – 6:30 p.m.	Youth Lessons	7:30 – 8:30 p.m.	Water Aerobics

Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

Saturday

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim \$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.** Everyone gets a cool hand stamp!

MW 6:30 – 7:30 p.m. Sat 1:30 – 3:30 p.m.
Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim \$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in

program. All admissions are the special discount price of \$2 per person.
 Children under 1 year old are free.

Sundays 1:30 – 2:30 p.m.

Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Rainier Beach Pool

8825 Rainier Ave. S ♦ Seattle, WA 98118 ♦ 206-386-1944

Winter 2007 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday AM	Sunday AM
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
3 Year Olds	5 – 5:30 6 – 6:30	5 – 5:30		11:30 – Noon	
Preschool	5 – 5:30	5 – 5:30		10 – 10:30	Noon – 12:30
4&5 yrs Lvl 1-3	6 – 6:30	6 – 6:30		11:30 – Noon	
Beginner Youth 6 – 16 years Levels 1 to 3	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6 6:30 – 7	5 – 5:30	10:30 – 11	11:30 – Noon
Advanced Youth 6-16 yrs Lvl 4-6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30* *Session 2	11 – 11:30	11 – 11:30
Seniors/Adults 16 years & up		7 – 7:30		12:30 – 1	
Swim Team Prep	6 – 6:45	6 – 6:45		9:15 – 10	
Adult Stroke Refinement	Wed 6:30 – 7:15				



Swim Lesson Registration Information



Winter Open Registration begins Monday, December 4 for ALL winter classes

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed¹	Jan 8 – Feb 21	December 4	12	\$60
I Tue/Thu	Jan 9 – Feb 20	December 4	13	\$65
I Fri	Jan 12 – Apr 6	December 4	12	\$60
I Sat	Jan 13 – Apr 7	December 4	13	\$65
I Sun	Jan 14 – Apr 1	December 4	12	\$60
II Mon/Wed¹	Feb 26 – Apr 4	December 4	12	\$60
II Tue/Thu	Feb 27 – Apr 5	December 4	12	\$60

¹No lessons January 15, Martin Luther King, Jr. Day; February 19, Presidents' Day

No lessons February 22 – 23, staff training.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Phone Numbers

Community Centers

Alki	684-7430
Ballard.	684-4093
Bitter Lake	684-7524
Delridge..	684-7423
Discovery Park	386-4236
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook.	684-7522
Miller	684-4753
Montlake	684-4736
Northgate..	386-4283
Queen Anne.	386-4240
Rainier.	386-1919
Rainier Beach.	386-1925
Ravenna-Eckstein.	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest.	684-7438
Van Asselt.	386-1921
Yesler	386-1245

Swimming Pools

Ballard.	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook.	684-4989
Medgar Evers	684-4766
Queen Anne.	386-4282
Rainier Beach.	386-1944
Southwest.	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Libraries

Ballard Library	684-4089
Beacon Hill Library	684-4711
Bookmobile/Mobile Services	684-4713
Broadview Library	684-7519
Capitol Hill Library	684-4715
Central Library	386-4636
Columbia Library	386-1908
Delridge Library.	733-9125
Douglass-Truth Library	684-4704
Fremont Library.	684-4084
Green Lake Library..	684-7547
Greenwood Library..	684-4086
High Point Library.	684-7454
Lake City Library	684-7518
Madrona Sally Goldmark Library.	684-4705
Magnolia Library	386-4225
Montlake Library	684-4720
NewHolly Library	386-1905
North East Library	684-7539
Northgate Library.	386-1980
Queen Anne Library	386-4227
Rainier Beach Library	386-1906
Southwest Library	684-7455
University Library..	684-4063
Wallingford Library	684-4088
West Seattle Library	684-7444

Neighborhood Service Centers (DON)

Ballard NSC	684-4060
Capitol Hill.	684-4574
Central NSC	684-4767
Delridge NSC	684-7416
Downtown NSC..	233-8560
Fremont NSC	684-4054
Greater Duwamish NSC	233-2044
Greenwood NSC	684-4096
Lake City NSC.	684-7526
Queen Anne/Magnolia NSC	684-4812
Southeast NSC	386-1931
University NSC	684-7542
West Seattle NSC.	684-7495

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

The Advisory Council is always looking for new members. Meetings are held on the fourth Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success.

Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks where you can find our seasonal brochures and register for many of our classes online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, (206) 684-4075. For more information about programs for senior adults, please call (206) 684-4951, and for information about programs for youth/adults with disabilities, please call (206) 684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Halloween Fun



Jefferson Community Center

3801 Beacon Ave. S.
Seattle, WA 98108-1520
206-684-7481



**SEATTLE PARKS
AND RECREATION**

Visit us at www.seattle.gov/parks